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# The Art Of Making Dances

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Exhausting Dance  
The Place of Dance

*The Art of Making Dances*

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## DAUGHERTY FERNANDA

### **Making Dances That Matter** Dance Horizons

Blondell Cummings: *Dance as Moving Pictures* is the first monograph dedicated to the pivotal work of African American choreographer and video artist Blondell Cummings. The book accompanies an exhibition of the same name co-organized by the Getty Research Institute and Art + Practice, on view at Art + Practice in Los Angeles from September 18, 2021 through February 19, 2022. A foundational figure in dance, Cummings bridged postmodern dance experimentation and Black cultural traditions. Through her unique movement vocabulary, which she called "moving pictures," Cummings combined the visual imagery of photography and the kinetic energy of movement in order to explore the emotional details of daily rituals and the intimacy of Black home life. In her most well-known work *Chicken Soup* (1981), Cummings remembered the family kitchen as a basis for her choreography; the dance was designated an American Masterpiece by the National Endowment for the Arts in 2006. This book draws from Cummings's personal archive and includes performance ephemera and numerous images from digitized recordings of Cummings's performances and dance films; newly commissioned essays by Samada Aranke, Thomas F. DeFrantz, and Tara Aisha Willis; remembrances by Marjani Forté-Saunders, Ishmael Houston-Jones, Meredith Monk, Elizabeth Streb, Edisa Weeks, and Jawole Willa Jo Zollar; a 1995 interview with Cummings by Veta Goler; and transcripts from Cummings's appearances at Jacob's Pillow and the Wexner Center for the Arts. Bringing together reprints, an extended biography, a chronology of her work, rarely seen documentation, and new research, this book begins to contextualize Cummings's practice at the intersection of dance, moving image, and art histories.

*Dance Composition Basics* Princeton Book Company Pub

"Tap, twirl, twist, spin! With musical, rhyming text, author Valerie Bolling shines a spotlight on dances from across the globe" --  
*Making the Alphabet Dance* Human Kinetics

"This collection of essays, lectures and notes reveals the inspiration behind the creation of the choreography of modern dance founder Doris Humphrey. The fundamentals of her composition: form, content and execution are expressed in her own spirited words, providing an intimate look at the creative process"--Dust jacket.

*Trisha Trenton* Dance Notation Bureau

Written just before the author's death in 1958, this book is an autobiography in art, a gathering of experiences in performance, and a lucid and practical source book on choreography.

### **The Art of Ed Emshwiller** Wesleyan University Press

A comprehensive book that covers all aspects of choreography from the most fundamental techniques to highly sophisticated artistic concerns. *The Intimate Act of Choreography* presents the what and how of choreography in a workable format that begins with basics- - time, space, force -- and moves on to the more complex issues faced by the intermediate and advanced choreographer -- form, style, abstraction, compositional structures, and choreographic devices. The format of the book evolved from the idea that improvisation is a good way to learn choreography. This approach is in harmony with widely accepted dance philosophies that value the unique quality of each individual's creativity. After discussing a concept, the authors provide improvisations, and choreographic studies that give the student a physical experience of that concept. The language is stimulating and innovative, rich in visual images that will challenge the choreographer to explore new directions in movement. The book is for serious dance students and professionals who are interested in both the practical and theoretical aspects of the art, dancers who are just starting to choreograph, and teachers who are seeking fresh ideas and new approaches to use with young choreographers. (A Teacher's Addendum offers suggestions on how to use the material in the classroom.) It is a guide, a text, and an extensive resource of every choreographic concept central to the art form.

*Dancing Is the Best Medicine* Penguin

The only scholarly book in English dedicated to recent European contemporary dance, *Exhausting Dance: Performance and the*

*Politics of Movement* examines the work of key contemporary choreographers who have transformed the dance scene since the early 1990s in Europe and the US. Through their vivid and explicit dialogue with performance art, visual arts and critical theory from the past thirty years, this new generation of choreographers challenge our understanding of dance by exhausting the concept of movement. Their work demands to be read as performed extensions of the radical politics implied in performance art, in post-structuralist and critical theory, in post-colonial theory, and in critical race studies. In this far-ranging and exceptional study, Andre Lepecki brilliantly analyzes the work of the choreographers: \* Jerome Bel (France) \* Juan Dominguez (Spain) \* Trisha Brown (US) \* La Ribot (Spain) \* Xavier Le Roy (France-Germany) \* Vera Mantero (Portugal) and visual and performance artists: \* Bruce Nauman (US) \* William Pope.L (US). This book offers a significant and radical revision of the way we think about dance, arguing for the necessity of a renewed engagement between dance studies and experimental artistic and philosophical practices.

*Dance Appreciation* Routledge

In her remarkable book, Sondra Horton Fraleigh examines and describes dance through her consciousness of dance as an art, through the experience of dancing, and through the existential and phenomenological literature on the lived body. She describes, with performance photographs, specific imagery in dance masterworks by Doris Humphrey, Anna Sokolow, Viola Farber, Nina Weiner, and Garth Fagan.

*Making Music for Modern Dance* New York, Grove Press [1977

When Kent Nerburn received a letter from Jennifer, a young woman questioning her calling to spend her life in the arts, the writer and artist was struck by how closely her questions mirrored the doubts and yearnings of his own youth. Nerburn resolved that he would write his own letter: a letter of welcome and encouragement to all young artists setting out on the same strange and magical journey, sharing the wisdom of a life spent working in the arts. From struggles with money and the bitterness of rejection, to spiritual questions of inspiration and authenticity, *Dancing With the Gods* offers insight, solace and courage to help young artists on the winding road to artistic fulfillment. Tender

and joyous, it is a celebration of art's power to transform the darkest of human experience and give voice to the grandest of human hopes.

The Art of Making Dances Oxford University Press

"Diana is restless and can't sit still in class. She's having trouble with math, and her mother is worried. But when she takes Diana to see a doctor, they discover that there's nothing wrong with Diana--she just loves to dance."--

**A Descriptive Aesthetics** Scarecrow Press

A NEW YORK TIMES BESTSELLER One of the world's legendary artists and bestselling author of *The Creative Habit* shares her secrets—from insight to action—for harnessing vitality, finding purpose as you age, and expanding one's possibilities over the course of a lifetime in her newest New York Times bestseller *Keep It Moving*. At seventy-eight, Twyla Tharp is revered not only for the dances she makes—but for her astounding regime of exercise and nonstop engagement. She is famed for religiously hitting the gym each morning at daybreak, and utilizing that energy to propel her breakneck schedule as a teacher, writer, creator, and lecturer. This book grew out of the question she was asked most frequently: "How do you keep working?" *Keep It Moving* is a series of no-nonsense meditations on how to live with purpose as time passes. From the details of how she stays motivated to the stages of her evolving fitness routine, Tharp models how fulfillment depends not on fortune—but on attitude, possible for anyone willing to try and keep trying. Culling anecdotes from Twyla's life and the lives of other luminaries, each chapter is accompanied by a small exercise that will help anyone develop a more hopeful and energetic approach to the everyday. Twyla will tell you what the beauty-fitness-wellness industry won't: chasing youth is a losing proposition. Instead, *Keep It Moving* focuses you on what's here and where you're going—the book for anyone who wishes to maintain their prime for life.

*(the art of making dances)* Simon and Schuster

*Connections: Writing for Your World* is the only basic composition text to continuously and systematically connect writing to the real world and the workplace. The writing process is emphasized, paying special attention to methods of organizing, revising, and editing. By focusing on paragraph and essay writing, *Connections* builds basic writing skills that are essential in today's world. The Student Data CD contains files to accompany select activities and

practices in the book, worksheets for Applying Your Skills activities, and additional reading and writing activities not found in the book.

*A Map of Making Dances* University of Pittsburgh Pre

Based on Humphrey's own writings, this book is an account of one of the great figures in modern dance and is rich dance history.

*The Art of Making Dances* Routledge

A deep look into the immensely diverse body of creative work in film, video, and visual art of Ed Emshwiller.

**Introducing Middle School Students to the Art of Making Dances** University of Pittsburgh Pre

An illuminating gift for the dancer in your life, this entertaining book reveals the mental and physical benefits of dance—and the scientific reasons behind why humans are designed for it. Dancing is one of the best things we can do for our health. In this groundbreaking and fun-to-read book, two neuroscientists (who are also dancers) draw on their cutting-edge research to reveal why humans are hardwired for dance show how to achieve optimal health through dancing Taking readers on an in-depth exploration of movement and music, from early humans up until today, the authors show the proven benefits of dance for our heart, lungs, bones, nervous system, and brain. Readers will come away with a wide range of dances to try and a scientific understanding of how dance benefits almost every aspect of our lives. Dance prevents and manages illness and pain: such as Diabetes, arthritis, back pain, and Parkinson's. Dance can be as effective as high intensity interval training: but without the strain on your joints and heart. Dance boosts immunity and lowers stress: it also helps reduce inflammation. Dance positively impacts the microbiome: and aids in digestion, weight loss, and digestive issues such as IBS. Dance bolsters the mind-body connection: helping us get in tune with our bodies for better overall health. We're lucky that one of the best things we can do for our health is also one of the most fun. And the best part: dance is something anyone can do. Old or young, injured or experiencing chronic pain, dance is for everyone, everywhere. So, let's dance! Types of dance featured in the book: Partner dance (salsa, swing dancing, waltz) Ballet Hip hop Modern Jazz Line dancing Tap dancing And more!

*Writings on Modern Dance* Greystone Books Ltd

Elizabeth B. Schwall aligns culture and politics by focusing on an

art form that became a darling of the Cuban revolution: dance. In this history of staged performance in ballet, modern dance, and folkloric dance, Schwall analyzes how and why dance artists interacted with republican and, later, revolutionary politics. Drawing on written and visual archives, including intriguing exchanges between dancers and bureaucrats, Schwall argues that Cubans dancers used their bodies and ephemeral, nonverbal choreography to support and critique political regimes and cultural biases. As esteemed artists, Cuban dancers exercised considerable power and influence. They often used their art to posit more radical notions of social justice than political leaders were able or willing to implement. After 1959, while generally promoting revolutionary projects like mass education and internationalist solidarity, they also took risks by challenging racial prejudice, gender norms, and censorship, all of which could affect dancers personally. On a broader level, Schwall shows that dance, too often overlooked in histories of Latin America and the Caribbean, provides fresh perspectives on what it means for people, and nations, to move through the world.

An Autobiography The Art of Making Dances

*The Place of Dance* is written for the general reader as well as for dancers. It reminds us that dancing is our nature, available to all as well as refined for the stage. Andrea Olsen is an internationally known choreographer and educator who combines the science of body with creative practice. This workbook integrates experiential anatomy with the process of moving and dancing, with a particular focus on the creative journey involved in choreographing, improvising, and performing for the stage. Each of the chapters, or "days," introduces a particular theme and features a dance photograph, information on the topic, movement and writing investigations, personal anecdotes, and studio notes from professional artists and educators for further insight. The third in a trilogy of works about the body, including *Bodystories: A Guide to Experiential Anatomy and Body and Earth: An Experiential Guide*, *The Place of Dance* will help each reader understand his/her dancing body through somatic work, create a dance, and have a full journal clarifying aesthetic views on his or her practice. It is well suited for anyone interested in engaging embodied intelligence and living more consciously.

Lessons for the Rest of Your Life Wesleyan University Press

"Organized chronologically by the decades in which innovators

were born or dance organizations were founded, [this history] covers more than 110 choreographers, companies, institutions, and dancers from both modern dance and ballet, and from around the world. Readers can view clips of dances from over 220 Internet search addresses that illustrate the text. Videographies are provided at the end of each chapter for viewing complete dances and documentaries."--P. [4] of cover.

[Resources for Community Creativity](#) Human Kinetics

[The Art of Making Dances](#) Dance Horizons

[The Science of How Moving to a Beat Is Good for Body, Brain, and Soul](#) Canongate Books

This all-inclusive guide to the art of creating dance moves and

routines, written by the advisor and former dancer of the Martha Graham School and company, contains 247 projects that guide the user through a myriad of topics. Concepts and techniques such as form, sequencing, variation, surrealism, abstract movement, improvisation, ritual and ceremony, space, and floor patterns are examined and explained, encouraging the student to experiment and create with movement.

*A Journey Through the Art and Craft of Making Dances: the Choreographer* South-Western Pub

Dance Appreciation is an exciting exploration of how to understand and think about dance in all of its various contexts.

This book unfolds a brief history of dance with engaging insight

into the social, cultural, aesthetic, and kinetic aspects of various forms of dance. Dedicated chapters cover ballet, modern, tap, jazz, and hip-hop dance, complete with summaries, charts, timelines, discussion questions, movement prompts, and an online companion website all designed to foster awareness of and appreciation for dance in a variety of contexts. This wealth of resources helps to uncover the fascinating history that makes this art form so diverse and entertaining, and to answer the questions of why we dance and how we dance. Written for the novice dancer as well as the more experienced dance student, Dance Appreciation enables readers to learn and think critically about dance as a form of entertainment and art.